

Living an Effective Lifestyle Inc. Website Road Map

1. Locate, fine tune and send to Victor the Chart Sheet we offer for the site visitors 1st name and email.

2. Add images to the workshops

3. The Coaching page I sent him seems like not the one I should have sent him.
Send Jim the correct "Coaching Page"

4. Review the pages and get Dee involved.

5. Our #1 Goal is for our website is to raise 20,000-30,000 Subscribers in 2-3 Year (By 2020).

Our #2 Goal is to keep 95% of our Subscribers Active and Engaging.

Website:



We blog, send out newsletters, ideas and quotes... however we're not a blogging company. We are positioned as a coaching company.

Meaning we keep our website info short, captivating and challenging enough for visitors to contact us either by calling [+1 905 379 2537](tel:+19053792537) or email: info@livinganeffectivelifestyle.com

Our website should get the visitors comfortable with Living an Effective Lifestyle Inc., to either give us:

- Subscribe to our Newsletter & Publications by giving us their 1st name and email.
- Calling us directly on our [+1 905 379 2427](tel:+19053792427) number.

iii. Fill out our form for a free consultation

Full name, email, phone numbers, location, time zone, WhatsApp, Skype, Google etc.

iv. Send us an email to info@livinganeffectivelifestyle.com requesting for additional info.

Website Pages

• All our pages will have the heading captions: Home | Who We Are | Coaching | Work With Us

And below captions: ...Let us help you define your goals & dreams, craft a well aligned plan, recognize what is holding you back, be intentional about your life's vision so you can move forward with great momentum, clarity and vision.

For our FREE consultation or just to speak to one of our coaches,

Call [+1 905 379 2427](tel:+19053792427) or email: info@livinganeffectivelifestyle.com ... you'll be glad you did.

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a. Home or Landing Page:

Where our visitors first land when they search for our company. With company overview, picture articles, video and why we have become the preferred coaching fit in North America, The Caribbean and Africa (Above all, it should capture first names and email addresses)

b. Who we are Page:

We share on where our heart is as a company. Our belief/story etc.

c. Coaching Page:

We talk about coaching, history, its effectiveness etc.

(In between the history we introduce our coaching offers: life coaching, career coaching, and coach the coaches signature programs)

d. Work With Us Page:

Gives propose clients more reasons to engage our services and how (by filling out the detail data form.)

e. Our Team Page:

Gives an overview of our different expertise and experiences (with photo and a brief Bio, but you'll have to click on any to read full Bio).

f. Workshop Page:

Here we give brief highlights of our 4 or 5 most attended workshops (with an option to sign up so we can keep them up to date with the next workshop.)

g. Contact Us Page:

Here we have the full contact info of Living an Effective Lifestyle Inc (with the usual contact me form)

h. Today's WO...

[11:33 AM, 12/19/2017] [+1 \(647\) 550-7670](tel:+1(647)550-7670): Living an Effective Lifestyle Inc. Website Planner

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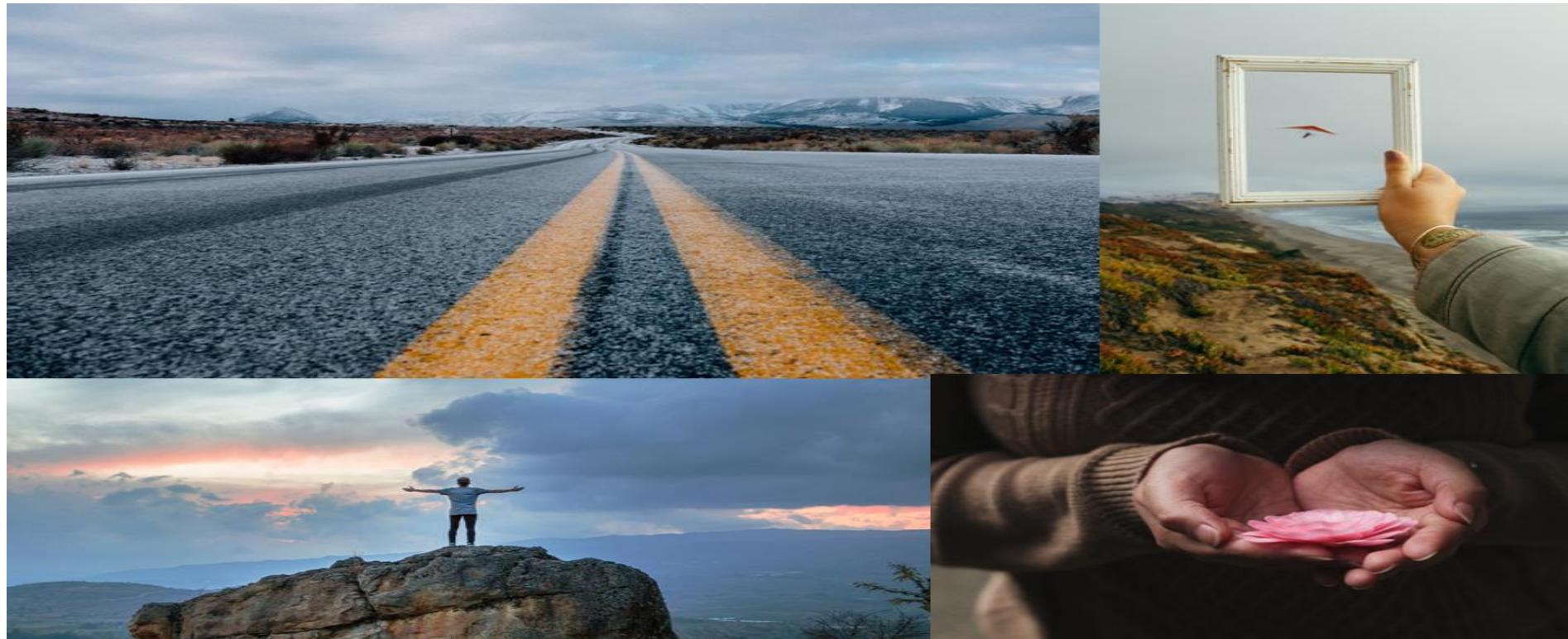
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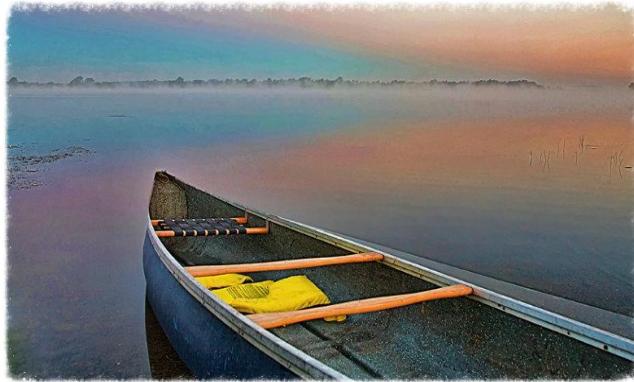
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Living an Effective Lifestyle Inc. is one of Canadian leading Life Coaching Firm for living the effective life, dedicated to helping Canadians live an effectively.

Our intention is to help as many individuals and professional gain more clarity, understand their relevance and gain clear direction for their lives. A service we have been delivering through our Coaching, Mentoring, Seminars, Materials & Training

As seasoned Life Coaches and Train the Coach Trainers firm, we have counseled, consulted, and coached hundreds of individuals on their journey of discovering their life's vision, relevance and purpose thus they could truly live the Effectively Lifestyle becoming the person they were destined to be, do and have.



Fear Won't Let You Rest.



How Intentional Are You About Living?.



Your Passion, Your Destiny Your Life



These Words Can Shape Your Future - Good Or Bad

What Makes Us A Great Coaching Firm?

- Each of our coaches has a strong commitment to their own personal awareness and growth, willing to evolve and develop themselves.



- They each have a huge love for and desire to help people, genuinely curious about people, with a healthy sense of humor and humility.



- Our coaches have great listening skills (both the unspoken and the spoken), listening at the deepest levels; know how to filter out their own emotions, judgment, and conclusions.
- With a strong blend of loving-kindness and the ability to compassionately “Call clients on their stuff”.



- Our Coaches have the gift and ability to recognize and articulate client’s strength.

- They each have a large capacity for non-judgment, they are open to outcomes but not attached to outcomes, they're able to make themselves blank for the client's agenda so that solutions emerge.



- Our coaches have a positive orientation to life, and above all empathy, making the process All about the client.

Let us help you define your goals & dreams, craft a well aligned plan, recognize what is holding you back, be intentional about your life's vision so you can move forward with great momentum, clarity and vision.

For our **FREE consultation or just to speak to one of our coaches**,
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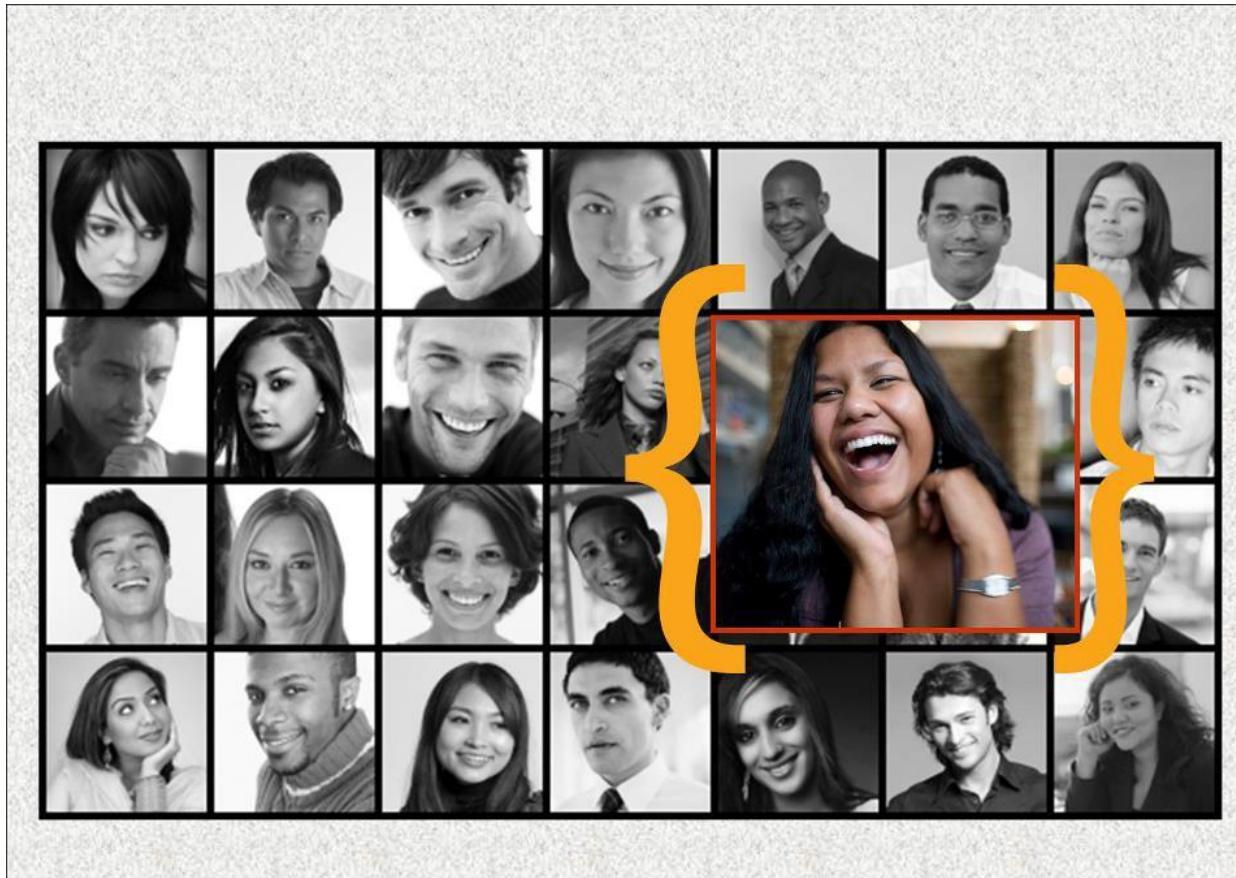
b. Who we are Page:

We shares on where our heart is as a company. Our belief/story etc.

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Who We Are



Our Belief/Philosophy

Geese fly south because there's a south, individuals have an appetite for food because there's food. If there wasn't any south or food geese wouldn't fly there neither will an individual have an appetite.

We earnestly believe your life matters and means more than you've ascribed to it, You were crafted for an effective lifestyle and together we can help you make it count starting today.

Our Approach

Our proprietary coaching program, mentoring program, courses, workshops, books, and seminars provides simple yet practical tools and approach with the needed 1-on-1 support through the process.

Our approach in the course of coaching is deeply rooted in our belief that every person on planet earth is born to accomplish something significant and to make a difference in their contributions to the society.

However, for any individual or organization to experience the reason for being and attend their fullest productivity they will have to understand who they are as a person or organization, How they are wired and what specific assignment they are here to solve (what problems you are designed to solve)

As your coaching partners we are positioned to help each person firstly, **ESTABLISH** who they are, secondly to **UNDERSTAND** their uniqueness and how they are wired, thirdly, is to **DISCOVER** their God-given purpose, life's vision or assignment. With these the three legs that hold up the stool, they can be **CLEAR** about the future they desire to accomplish, **CRAFT** a well-defined plan of action, and **IMPLEMENT** the plan with pinpoint accuracy, support, and partnerships.

Then can they truly live intentionally, move forward with great momentum, clarity, and vision; be happier, more productive and live a truly fulfilling life.

... Something we call "**Living the Effective Lifestyle**"

Let us help you define your goals & dreams, craft a well aligned plan, recognize what is holding you back, be intentional about your life's vision so you can move forward with great momentum, clarity and vision.



Coach Aniekan Joshua Whyte
Managing Partner (COO)



Diana O. Whyte (Mrs.)
Managing Partner (CEO)

Coach Aniekan and Diana both run one of Canadian leading Life Coaching, Mentoring & Human Development Firm - Living an Effective Lifestyle Inc., committed and dedicated to helping Canadians live the intentional, purposeful and designed centered lives they desire.

For the past 25 years they have been helping countless individuals, business professionals, organizations build that bridge from where they are now to where they would like to be, this on-going partnership is designed to improve and enhance the quality of lives with extensive coaching practices in North America, Europe, the Caribbean and West Africa.

As seasoned Life Coaches and Train the Coach Trainers, they have counseled, consulted, coached hundreds of individuals and also addressed over 1,000 different audiences, some of which as keynote speakers.

Their message is simple, God created every individual to live the effective lifestyle if only they would discover their life's vision, relevance, and purpose to become the person they were destined to be, do and have.

Their personal approach to life is deeply rooted in his belief that every single person on planet earth is born to accomplish something significant and to make a difference in their contributions to the society. However, for any individual or organization to experience the reason for being and attend their fullest productivity they will have to understand who they are as a person or organization, How they are wired and what specific assignment they are here to solve (what problems you are designed to solve).

Only then, can any individual truly live intentionally fulfilling life, able to move forward with great momentum, and clarity of vision.

As Living an Effective lifestyle Inc. founders, they are responsible for the Mission, Vision, and Direction of the business... Plan our every aspect of the business and, the accomplishment of final goals. They lead the firm gracefully and tirelessly into new frontiers as they pursue customer satisfaction and delight while watching diligently for the welfare of the team. They believe as one of their mentors Zig Ziglar rightly said that... We build a better company by building better people -

Their love for people and a heart for the reliability of our services, message, and products reflect strongly in everything we do as a company.

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c. Coaching Page:

We talk about coaching, history, its effectiveness etc.

(In between the history we introduce our coaching offers: life coaching, career coaching, and coach the coaches signature programs)

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What Is Coaching?

Coaching is ACTION Oriented and it is all about Moving Forward, Not dwelling on the past. So with a coach it really doesn't matter how you got to where you are now, who is to blame for how they turned out – Coaching is about where the person is right now and where he or she would like to be.

Coaching is helping the individual or group build that bridge from where they are right now and where they would like to be

Coaching is an ongoing partnership between the Coach and the client designed to improve and enhance the person that is been coached quality of life.

Coaching works because of the partnership that is created. The coach helps the client develop new skills and awareness.

Coaching helps the client overcome limiting believes that holds the client back from achieving their goals to having them more fulfilling, successful and effective lives.

Coaching can be defined as: "Supporting an individual or group of people through a TRANSITION in their lives", especially in a season like this where most people are right now is in the middle of a lot of transitions in their lives. Transition is their career, work, businesses, spiritual life, financial, health, relationships, families, community...etc

Why Coaching?



In today's world Coaching isn't just for sports anymore, however, the roots of coaching can be found in performances, successes, and Achievements of some sort.

Today coaches are helping people take the next steps in their lives, helping them successfully navigate through their transitions. Or it could be moving up to the next level of their health, relationship, work and financial lives.

With coaching, It becomes a lot faster and easier way to get to where you want to go to in your life if you have someone who cares, who is a professional supportive partner helping you in the process.

Where Did The Concept Of Coaching Originate?



According to history there has always been one sort of coach or another in the society – the town priest, the elders, the grandparents, uncle, aunty,

2014 Global Coaching Client Study showed that of those who had received coaching
80% saw improved Self-Confidence

73% saw improved Relationships
72% saw improved Communication Skills
70% saw improved work performance
61% saw improved business management
57% saw improved time management
51% saw improved team performance
99% indicated they were somewhat fully satisfied with their coaching experience.
96% said they would do it again

An article in the Washington Post June 2003 stated that people are now skipping the shrink and hiring a life coach instead. It is estimated that 80% of those seeing a therapist does not elicit a mental disorder.

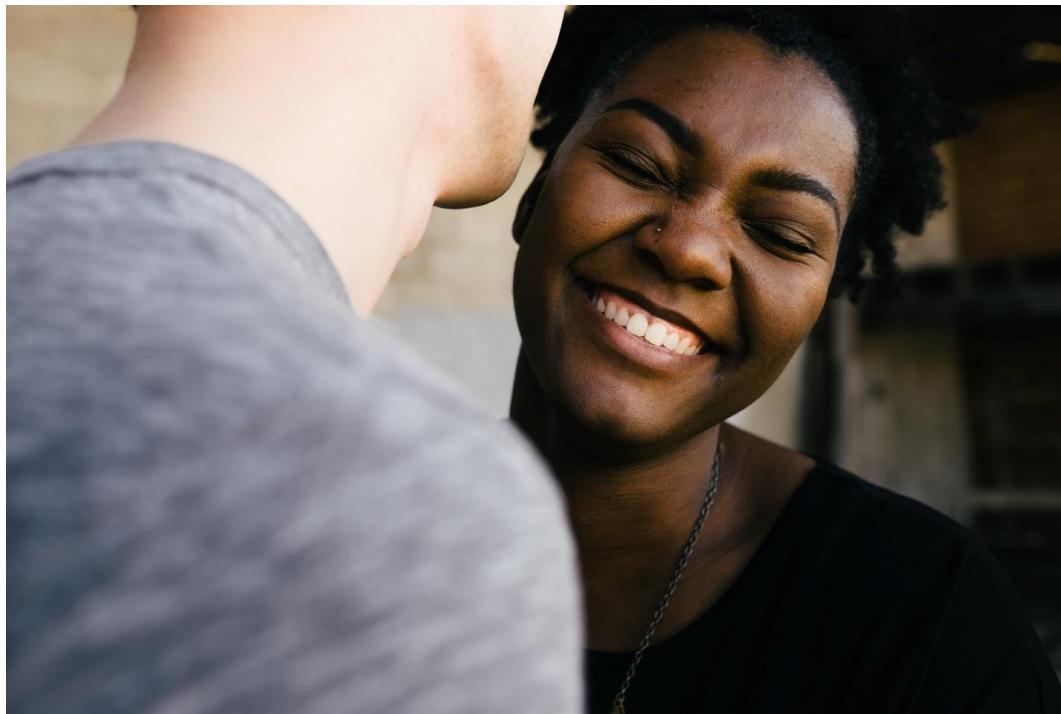
Coaching appeals to people because it facilitates a confidential relationship with a trusted professional without any of the social stigma attached to it.

Life coaches are more than friends with whom to share your problems
Life coaches are sounding board for solutions to the challenges that we face on a daily basis.
Life coaches are mentors, in some cases, cheerleaders in others.

Life coaches are part consultant, part family.

Coaches unleash the power of partnership.

What Is The Distinction About Coaching?



Finally, it is very important I draw the distinction between coaching that also set me apart from all the rest.

Let us for a moment discuss the difference between being your Coach vs. Being a Therapist, vs. Being a Friend that gives good advice vs. being Supportive Spouse, vs. being a Consultant.

Being your Coach vs. Therapist/Psychiatrist:

- Both relationships develop over time.
- Confidentiality is critical in both.
- The needs and wants of the clients are the focus for both.
- There are professional ethics and standards for both.

What are the Distinctions between Being your Coach vs. Therapist/Psychiatrist?

Coaching clients are individuals who take responsibility and they will benefit from accountability. Therapist and Psychiatrist work with clients who need professional help to work towards healing, recovery and issue resolution.

Coaches will work with clients who want a detached partner to help them evolve and enhance their lives.

Therapists are experts in medical and behavioral sciences, and they are trained to treat diagnosable conditions like:

Post Traumatic Stress Disorder, Addiction, Depression, Bipolar Disorder & Other like conditions. While Coaches use personal disclosure as a tool to help and challenge their clients.

Being your Coach vs. A Friend That Gives Good Advice:

A coach holds the client accountable for what they want to create and achieve in their lives. Holding a friend accountable for what they want to create and achieve in their lives can bring trouble.

What Are The Distinctions Between Being your Coach vs. A Friend That Gives Good Advice?

Coaching is NOT advice-giving, we don't give advice whereas friends do.

Being your Coach vs. being a Supportive Spouse:

It is difficult to stay objective because we are emotionally involved to our spouses.

Being your Coach vs. Being A Consultant:

Our Coaches come from a wide variety of backgrounds including:

Corporate, Education, Consulting, Communication, Law, Health Care and many others, and the truth is that there are as many types of coaches as there are people.

What are the Distinctions between Being your Coach vs. Being A Consultant?

As coaches we do not give advice, but rather guide the clients to their own solutions by asking powerful questions so that the clients allow their own inner wisdom to come to the right solutions for them. We are hired to support their clients as they achieve certain outcomes.

Consultants typically advise their client about how to solve problems.

They say this is what you do and this is how you do it, and this is the next step to take.

Consultants are focused on results and what they can measure. They are usually hired to produce a certain outcome.

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Gives propose clients more reasons to engage our services and how (by filling out the detail data form.)

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Living an Effective Lifestyle Inc. we have discovered how to help individuals and professionals in the small, medium and large organization understand effectiveness in regards to their lives and how they function individually or within a group to improve productivity and sales within an organization from the least to the top personnel.

Our proprietary coaching program that has helped countless individuals like yourself discover their life's vision, passion, key potentials to living a more effective lifestyle, so they can be happier, be more productive and have a fulfilling life. Providing simple practical tools, the support and as well hold you by the hands to walk you through the process with our Life Coaching Signature Program™.

In most of our trainings, public speaking and seminars we are often asked what our suggestions would be in getting started; one major area we have always suggested is firstly "getting a coach" especially if this is something you've struggled with for a while or something you have tried doing with little or no success or even something you have always wanted to do but never had the courage to go for it.



A life coach, for instance, will offer you a professional service where you will be getting Feedback, Insights, and Guidance from an outside vantage point.

The profession of coaching is similar to the practice of a physician, a trainer or psychologist, however, the major difference is that coaching is an On-going, Collaborative Partnership built on "Taking Action"

Let one of our life coaches help you define your dreams, help you recognize what is holding you back, and also help you move forward with great momentum, clarity, and vision.

For more information on how you can discover your key potentials to living a more effective lifestyle, be happier, be more productive and have a fulfilling life simply request our *Free* consultation session or for more information email info@livinganeffectivelifestyle.com, you'll be glad you did.

[Start Here: Leave a Message](#)

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In **Living an Effective Lifestyle Inc.**, our training sessions are prepared meticulously by our trainers and course designers specially designed in a manner geared towards the maximization of efficiency.

We believe your time is valuable, and so is ours, so our goal is to best prepare the course participants while taking up the least amount of their time possible.

Our training programs and workshops are crafted to use a blend of classroom discussions, case studies, in-class Assignments, and participant interaction with formal role-plays to ingrain the concepts into the participant's heart and mind.

Our program format is a powerful way to help delegates understand complex ideas and, most importantly, develop a common understanding and approach to using theories and applying tools to make a real difference in the performance of their responsibilities. Case studies and materials will target and build on real-life scenarios out of the life, family and work environment.

Our training programs and workshops are usually conducted by one of our top trainers and our training session comprises of lectures, assignments, activities and actual role plays that will touch upon the subject matters

Certification

At the end of the program, participants will receive a formal certificate from Living an Effective Lifestyle Inc. - recognizing their participation and completion of the training.

Venues

All our programs can be offered on-site or off-site. The respective location for each course will be communicated when applicable.

Who Should Attend

Living an Effective Lifestyle Inc., Training programs and workshops are designed and suitable for all cadres of Leadership, whether small, medium or large size organizations, Churches, Heads of Departments, Coordinators, Supervisor, individuals and business professionals who want to increase accountability to defined personal goals and achieve better results.

See a few of our most attended signature training workshops below:



Goal Setting Signature Program™

As Patch Adams rightly said... You've got to know what you want. This is central to acting on your intentions. When you know what you want, you realize that all that is left then is time management. You'll manage your time to achieve your goals because you clearly know what you're trying to achieve in your life. *Continued...[When you click the continue the rest opens up](#)*

Almost every individual and organization are already making resolutions or setting goals. But, sadly, most of them never realize those goals. It appears that setting goals are easy, but it's just as easy to get discouraged, distracted, and derailed. Huge percentages of organizations lose motivation and lose momentum. It does not have to be that way.

As we move on in 2018 in these prevailing circumstances we want to help serious minded members open the door to a different set of possibilities. What could happen if our members in these present conditions could achieve their individual and church goals for 2018?

Goals should stretch us as individuals without overwhelming us. When most people are faced with seemingly impossible goals, they most times disengage, instead of being motivated by the goal, it saps their energy.

Mindset and perception are essential. Research on stretch goals shows that they can produce amazing results if people can imagine the possibility of accomplishing them.

I found one team exercise Kerr and LePelley discussed especially compelling. A team was able to make marginal performance improvements with a given task. But when they were told that another team was able to do it 85 percent faster, they got more creative and figured out how.

By changing the perception of what was possible they triggered a new level of performance.

We earnestly believe that together we can help our members define their goals & dreams, craft a well-aligned plan, recognize what is holding your team back, be intentional about your church's vision so you can move forward with great momentum, clarity, and vision.

We delight ourselves on setting up our clients for success through understanding intentional Goal-Setting & Planning procedures for effective results and we are sure that your members will leave our sessions more prepared than they have ever been before to be intentional about their personal and church's vision and goals and how their roles are of upmost importance.

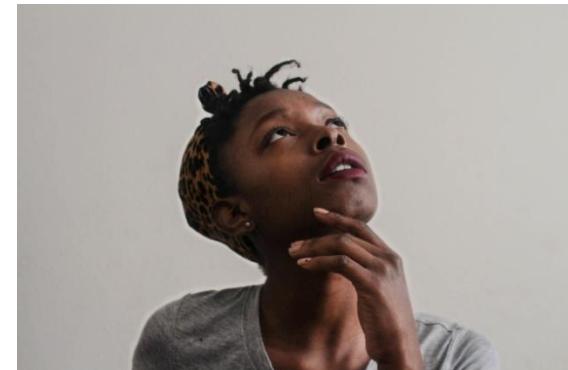
The workshop begins with a Pre-Assignment - Goal Setting & Planning Signature Program™

Benefits of Attending

Participants Would Develop The Ability To:

- Understand Your Views about Goal Setting and Planning
- Recognize How Your Thoughts Program Your Outcomes
- Understand How Your Belief Is The Key That Unlocks Impossibilities.
- Discover The 3 Keys To Living An Effective Lifestyle and How Your Uniqueness Makes You Special
- Understand The Attachments You Need To Be Aware Of, So You Can Take Back Power From Your Excuses.
- Discover, Understand And Align Your 2018 Goals With Your Life's Vision And Purpose.
- Understand The 8 Aspect Of Your Life That Matters The Most.
- Discover Proven Strategies for Achieving Any Goal.

- Understand How To Be Intentional Knowing Exactly What You Want To Do, Have, Become And Also How To Set And Write Your Own Goals.
 - Understand How to Create Clear and Written Goals for 2018 and beyond, with Tangible Plans for Accomplishing them
 - Understand How to Visualize Both Outcome And Process
- Discover simple yet practical tools, techniques to and the support to make 2018 your greatest year ever.
- Know the secret of creating a life of happiness and how you can tap into it by setting meaningful goals
 - How to harness the emotional power of goals to cultivate confidence and a sense of accomplishment and connectedness
 - Why you can't afford to live without clearly defined goals and the hidden cost of acting without direction, including discontent, frustration, and other negative emotions
 - The importance of getting outside of your comfort zone and why this is your year to do it



Unlocking Your Confidence & Inner Strength Signature Program™

A healthy self-esteem is essential for growth and achieving success. Of all the judgments an individual make in life, none is as important as the one they make about themselves. Without some measure of self-worth, life can be painful and unrelenting. *Continued... [When you click the continue the rest opens up](#)*

Participants of this course will discover some techniques that can dramatically change how they feel about themselves, and how they approach the world to get the things that they truly want.

We would like to identify some characteristics of a low self-esteem, which typically includes:

Social withdrawals,

Bouts of sadness,

Anxiety and/or emotional turmoil,

Lack of social skills (i.e. meeting people easily),

*Making small talk,
Establishing relationships quickly and easily)
Depression,
Eating disorders,
Difficulty accepting compliments,
Focusing on negative things or ideas (in other words, pessimism),
Self-neglect,
Excessive focus on what other people think of them,
Treating themselves poorly, but not other people,
A lack of confidence in trying new things,
Reluctance to indulge their desires or trust their own opinions, or share them with others.*

Benefits of Attending

At the end of this workshop, you will be able to:

- ◊ Recognize that you have worth and are worthy of happiness
- ◊ Develop techniques for eliminating unhealthy thought patterns and replacing them with supportive patterns
- ◊ Learn how to turn negative thoughts into positive thoughts
- ◊ Learn how to make requests so that you get what you want
- ◊ Set goals that reflect your dreams and desires and reinforce healthy patterns



Emotional Insight Signature Program™

Emotional insight, also called EQ or emotional intelligence, is the ability to be aware of and to manage emotions and relationships. It's a pivotal factor in personal and professional success. IQ will get you in the door, but it is your EQ, your ability to connect with others and manage the emotions of yourself and others, that will determine how successful you are in life. *Continued... [\(When you click the continue the rest opens up\)](#)*

We have all worked with and listened to brilliant people. Some of them were great and... well, some were not so great. The mean and the meek and all those in between can teach us more than they realize. When we look at the truly extraordinary people who inspire and make a difference you will see that they do this by connecting with people at a personal and emotional level. What differentiated them was not their IQ but their EQ - their emotional intelligence. This one-day course will give you the EQ edge.

Benefits of Attending

- Understand What Emotional Insight, EQ Or Emotional Intelligence Really Means
- Recognize How Our Emotional Health And Physical Health Are Related
- Learn Techniques To Understand, Use, And Appreciate The Role Of Emotional Intelligence In The Workplace
- Understand The Different Emotions And How To Manage Them.
- Create A Personal Vision Statement.
- Understand The Difference Between Optimism And Pessimism
- Understand The Seven Human Emotions And How To Validate Emotions In Others
- Discover Your Personal Life's Vision
- Understand Your Personal Values, Principles, Strengths, And Talents



Becoming a Competent Reaper Signature Program™

Becoming a Competent Reaper is a practical seminar for understanding how to REAP and become good Reapers.

Many believers are of the mindset that reaping is automatic, just sow and you will reap, however, now farmer just sows and then goes out to reap because there are certain preparations that he or she must put in place to guarantee a harvest. *Continued... [\(When you click the continue the rest opens up\)](#)*

Have you ever wondered where is the 30/60/100 fold harvest you were promised in the word???

WELL, you are not alone. A lot of Christians are very good givers but lousy reapers. The misconception of the law of sowing and reaping has led to misunderstanding among Christians of the respective roles and relations displayed in sowing and reaping.

Folks are not reaping off what they sow and not harvesting the way they ought to.

Benefits of Attending

Participants Would Develop The Ability To:

- Discover the key principle of sowing & reaping - As long as the Earth Remains
- Understand how reaping is strictly at God's Direction
- Settle the concept of tithing and if it has changed?
- Understand all about gathering Faith
- Recognizing the time to Reap
- Knowing the key to Reaping in Joy
- Become a Wise Reaper
- Recognize and discover Why the Hold-up
- Understand the Accurate Allocation of earth' Resources
- The importance of how to Obtain the Promise



Take Charge: ADVANCE Signature Program™

Why are there so many different organizational systems and time management methods out there? The answer is simple: it's like any other personal challenge, like weight loss or money management. There is no simple, one size fits all answer. You must build a solution that works for you. *Continued.*
[\(When you click the continue the rest opens up\)](#) Over the course of this workshop, we will explore various time management and organizational tools and techniques so that you can build a customized productivity plan for your personal lives. At the end of the course, you will emerge with a plan that works for you, so that you can start regaining control of your life!

Benefits of Attending

During this workshop, you will:

- Understand What Personal Efficiency Is,
- Understand What Skill Sets Can Improve Personal Productivity, And What Attitudes They Should Cultivate
- Discover What Role Long-Term Goals Play In Short-Term Efficiency
- How To Set A Personal Vision And Develop Dreams And Goals From It
- Understand The 80/20 Rule And How It Should Affect Planning
- Discover Ways Of Saying No!
- Discover How Simple Routines Can Simplify Their Lives
- Identify Why They Procrastinate And Methods For Tackling Tasks
- Discover Tools To Make Their Household More Productive And Efficient
- Understand How To Create A Personal Action Plan

YOUR LIFE'S MESSAGE (VOICE) *Signature Program™*

As Woodrow Wilson rightly put it... "You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand."

In life, if you are not solving a problem you become a problem and your life's assignment or vision is always wrapped up in Your Message - Your Dream! *Continued... ([When you click the continue the rest opens up](#))*

My question to you is: Have you discovered your message or as my good friend, Tony puts it, living life in your element? That place where no matter the environment you're unmoved and fully productive, what I call your sweet spot.

The "**Your Life's Message (Voice) *Signature Program™***" program utilizes role plays, group discussions, with simple practical tools and assignments to help you identify, discover and harness your message.

Our intention is to help you explore, discover and answer these questions:

What is it that you really want out of life?

What would make life meaningful for you?

What is that one thing that you've always wanted to do or have but never been able to step up and go for?

What is unique and special about you?

Benefits of Attending

As a Participant:

- You will discover who you really are - your true self.
- You will understand how you are really wired?
- You will discover what is my assignment/calling/message truly is
- You will understand how to rely on group members to support you through your process, which will not only build your confidence but also motivate and challenge you to reach higher heights

- You will understand how your assignment is not your decision, but your discovery.
- You will understand how your assignment is always to enable another to succeed.
- You will understand how your assignment is not to everyone, but to someone.
- You will discover how your assignment is your legacy, the way you will be remembered by others.

Please note that you will have to inquire which of the program is currently scheduled to enable you to enroll before enrollment close. To be notified when the next group becomes open, please click here or email: info@livinganeffectivelifestyle.com

**For our FREE consultation or just to speak to one of our coaches,
Call [+1 905 379 2427](tel:+19053792427) or email: info@livinganeffectivelifestyle.com ... you'll be glad you did.**

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f. Contact Us Page:

Here we have the full contact info of Living an Effective Lifestyle Inc (with the usual contact me form)

Contents & View:

Living an Effective Lifestyle Inc.

Suite 1457, 1011 Upper Middle Road East, Oakville, Ontario L6H 5Z9, Canada

Telephone: +1 905 379 2427 | Email: info@livinganeffectivelifestyle.com | Website: <http://www.livinganeffectivelifestyle.com>

<http://www.livinganeffectivelifestyle.com/contact.php>

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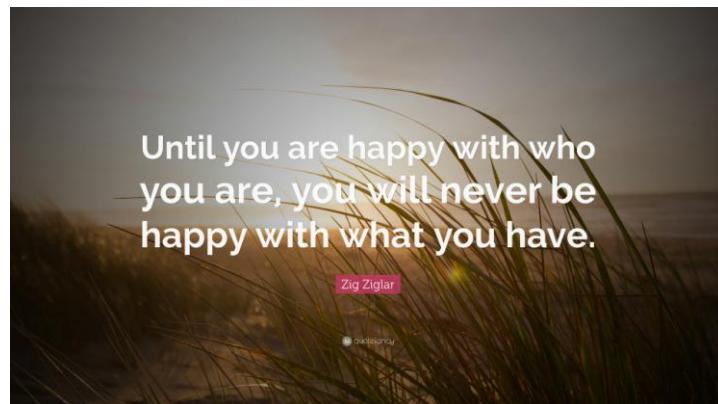
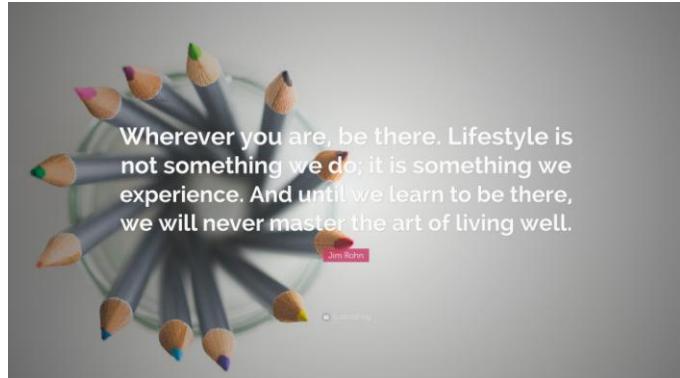
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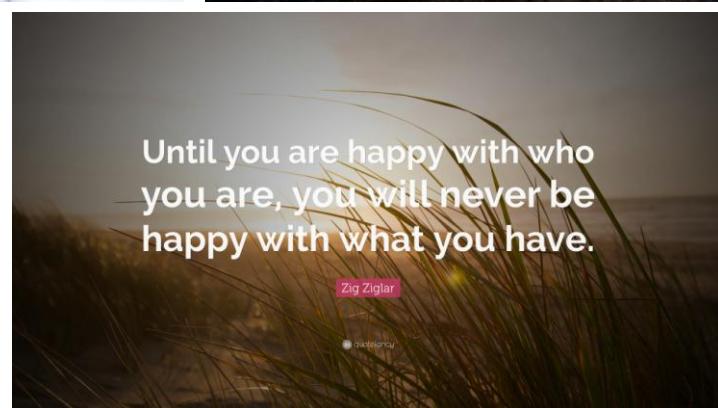
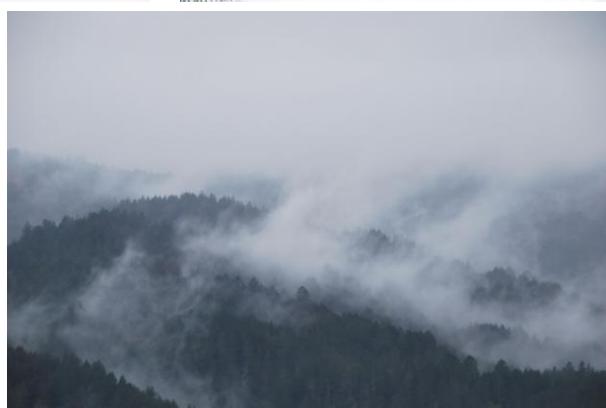
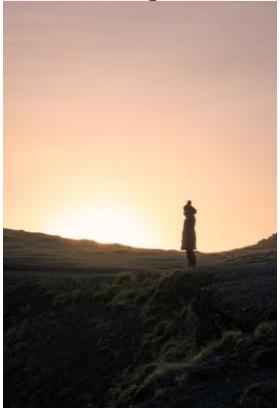
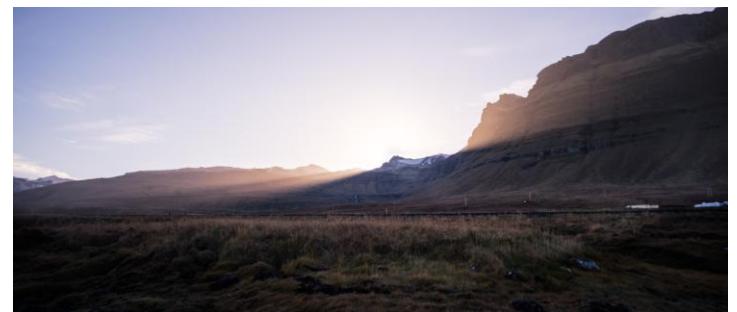
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g. Today's WORDs in SEASON Page:

Here we have quotes in pictures that others can download and use (either as their display images, share etc)
The goal is to 1st get 250+ free photos, 2nd use MailChimp to create the word images.

Contents & View:





[New Post] How Do You Discover Your Signature Voice?.

[View this email in your browser](#)



Let us help you define your goals & dreams, craft a well aligned plan, recognize what is holding you back, be intentional about your life's vision so you can move forward with great momentum, clarity and vision.

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h. Career Coaching Page:

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Many individuals and professionals have been working at dead-end jobs because of the money but eventually, end up sacrificing their happiness but above all fulfillment. Have you ever stopped to think of the fact that at the end of the day you would have spent more time at your job away from your family, friends and loved ones.

The flip side is that this kind of sacrifice is not sustainable, I mean you could work the job for awhile but at the end of the day, if you're not asked to leave, you will leave. Why? You truly cannot work a job that is not supporting who you truly are or enhancing your personal vision and dream

The need to upgrade your employment status has become an ongoing process, rather than something you do once or twice during your career, you see because people are living more complex lives now they will always need that support for the various areas of career transitions they make.

Career Coaching



Whether you're thinking of getting better at your job, getting that deserved promotion or even a pay raise, our career coaching system will help you:

- Get the exposure necessary in your organization to end you a promotion.
- Prepare you for the next higher role
- Understand your true value to your organization, set you up for a pay raise.
- Discover your unique skill set and desire positions you to be the best at our job
- Identify the department within your organization where you would flourish the most.
- Be happier and more productive at work.
- Accomplish life and balance.
- Prepare you for your retirement and life after work.

Career, Job Placements & Re-entry



With the current developments in the global economy there has been a higher amount of strain on organizations to seek quality staffing to grow their businesses, and we have worked closely with many of these organizations to understand their core needs in a new staff.

We also discovered that many individuals and professionals struggle through the transition unsure of so many things in the job market. When it comes to transitioning from one job to another we understand first hand the pain and pressure that can bring on any individual or professional. Living an Effective Lifestyle Inc. is here to coach you through the process, help you identify your unique marketplace, prepare you for interviews, improve your self-esteem, make sure your resume and other tools meet up to the current industry standards where you're applying for.

Thinking of Starting a Business



Starting a business with an idea can be very exciting, however we believe strongly that discovering your life's vision is where your business truly starts from. Your business is the vehicle for accomplishing your life vision and goals. That is why by realizing our life coaching system we will help you: identify who you are? How help you understand how you are wired

(discover your talents/skills/passion)? In addition, that will help you discover what your assignment is (the specific problem you were created to solve)? Only then will your business have purpose and destination.

Together we can discover through our coaching program the kind of businesses that you will experience true fulfillment and great revenues. Let our coaching program help you get beyond your fears and self-doubts, bring your business ideas to life and create a strategic action plan that will move forward with great momentum, clarity, and vision.

Let us help you define your goals & dreams, craft a well aligned plan, recognize what is holding you back, be intentional about your life's vision so you can move forward with great momentum, clarity and vision.

For our FREE consultation or just to speak to one of our coaches,

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Consider us to be your own, individual coach, helping you find solutions for life. In a situation where we won't judge you or tell you what you are doing is crazy or what you are thinking of doing won't work. What we will do is support you in creating the life you want to live.

As your coach, we will help guide you where you seem to have gone off track, help you set priorities, identify your passions in life and get you to become the person you want to become. If you are not clear who that person is, we'll work together on identifying the "new" you. We'll identify those things that light you up and discover how you can put them to work in creating the best life you can live. Through conversations, exercises and a little guidance, you should be well on your way to a happier you!

What Is Life Coaching?

Life Coaching is a professional service providing clients with Feedback, Insights, and Guidance from an outside vantage point.

The profession of coaching is similar to the practice of a physician, a trainer or psychologist, however, the major difference is that coaching is an On-going, Collaborative Partnership built on "Taking Action"

For example, say you want to accomplish a goal, maybe lose some few pounds or venture into a new career, or launch a new business, or get promoted at work or whatever it is you are looking to accomplish, you can either do it yourself or you can work with a supportive professional who will collaborate with you on the best ways to achieve your goals.

A coach will invest the needful time, attention and focus just to make sure you are not just prepared emotionally, physically and mentally to do what you need to do, but above all will hold you accountable to make sure you stick to your chosen programs each week and month until you accomplish your goal.

Something to also take to heart is that as your personal life coach we will work alongside with you to help you decide what you really want for your life, getting clarity and purpose who will help you set goals tailored to your person, give you the required tools and support you all the way.

Managing Change

As much as change is life's' constant, some of us still resist it, why? because we are creatures of habit. Some people just want things to stay the same while others seem to be afraid of change thinking they would be lost in the process. Change is a great thing if you understand the process and how to manage yourself through the transition.

Our work with people has shown us that some people become stuck not knowing where or how to go, that is where you and one of our coaches would get together to identify your present situation, explore simple tools to help you determine where you want to go.

Once you are clear about your destination, together we will strategize your actions: with workable and manageable action plans of what we're going to do for the next 30 days, or 60 days, or 90 days or 120 days. As your coach, we will also guide you get better at whatever you need (skills etc) to accomplish your desired results.

We will cover your health, finances, how to establish an effective work/life balance, your relationships and how to improve them, effective time management, identify your limiting belief and reduce your distractions, self confidence, how to effectively change your career, increasing your self-value, walking in peace no matter what going on around you, Manage your shift into retirement, creating more successes in and around you, dealing with hopeless situations... just to mention a few.

To find out about our Individual or Group Coaching Programs and the cost, kindly contact us.

Let us help you define your goals & dreams, craft a well aligned plan, recognize what is holding you back, be intentional about your life's vision so you can move forward with great momentum, clarity and vision.

For our FREE consultation or just to speak to one of our coaches,

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